Mindful Living Retreat

~ Through Yoga and Wine Appreciation ~

with **Fiona Mack** and **James Flewellen**

15th to 20th May 2020

Maison 10, Provence, France

An invitation

When we go on a **retreat**, we leave behind the busyness of our everyday lives and press the pause button, just for a few days, and reconnect back to who we really are. This is an invitation to spend time nourishing your body and soul by practising mindfulness – cultivating awareness through all of the senses and discovering a reverence for all aspects of our lives.

In this era of technology where one click, instagram and fast food are the norm, where we cram more activities into every day, where we multi-task like mad and still feel like we can't get it all done, "not enough *TIME*" has become a common mantra. So this six-day **retreat** is about:

- Time for yourself
- Time to notice
- Time to nourish
- Time for your yoga practice
- Time to appreciate being human
- Time to be in nature
- Time to breathe
- Time to connect to other souls on a deeper level
- Taking one thing at a time

We are so excited about this invitation! We have crafted something different to the usual retreat experience, bringing out awareness in its myriad forms: through how we move, how we breathe, how we taste, how we notice, and how we commune with ourselves and each other.

This retreat is designed to nourish your body, mind, and soul while celebrating everything that makes us human.

~ Fiona & James ~

Who?

Fiona Mack (RYT500 IYN and REPs Registered) is an experienced yoga teacher who believes yoga is for everyone and anyone! She has taught for 10 years having practised and studied extensively in India, and has recently completed a one-year functional anatomy course in the UK with Gary Carter.

She teaches regular classes in Buckinghamshire. Fiona believes that within all of us there is a divine and infinite awareness, being able to access and be in pure awareness takes practice – and it doesn't have to be serious, it can be fun too! Whether we are practising *asana* (posture and physical movement), *dharana* (focussed concentration) *dhyana* (meditation) or *pranayama* (breathing exercises) there is an invitation to rest in awareness. You can find more about Fiona at www.mackyoga.co.uk.

Dr James Flewellen (DipWSET) is a biophysicist and award-winning wine writer. He co-authored the Gourmand Award-winning *Concise Guide to Wine and Blind Tasting*, whilst completing his Level 4 Diploma in Wine & Spirits from the WSET. He is a judge for the *International Wine Challenge* competition and runs regular wine tastings in London and abroad. His focus is on demystifying the jargon that too often surrounds the wine world, making wine appreciation more accessible and bringing a scientific approach to matters of taste.

James uses the practice of mindful wine tasting ('winefulness') as a means of developing a greater awareness through all our senses, and how we can apply this awareness throughout our daily lives. You can find more about James at www.jamesflewellen.com

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Fiona and James met and became friends whilst 'studying' and practising mindfulness at the Oxford Mindfulness Centre in 2015, and remain part of a group of friends that meet every month to 'sit' together (and eat cake!).

Where?

Our retreat is held at Maison 10 – a stunning boutique retreat venue in **Provence, France.** Set in a rich landscape of olive groves, vineyards, forests and orchards, Maison 10 sits on a hill overlooking the ancient market town of Nyons – world famous for its olive oil. With its microclimate and exceptional air quality, Nyons is known locally as "little Nice". The largely undiscovered area offers dramatic and spectacular mountainous landscapes, and is very popular with yogis, cyclists, walkers and artists.

Facilities at Maison 10 include a swimming pool, poolside yoga studio and six beautiful rooms with views over the valley. Visit www.maison10.co.uk for more information.

Schedule

The schedule for the six-day retreat is as follows:

Friday 15th May

12:00 onwards:	Arrive, take in the surroundings
17:00 – 18:30:	Opening Circle followed by grounding *asana* practice
19:00:	Taste awakening, followed by supper

Saturday 16th May

07:45:	Meditation and *pranayama*
08:30:	Tea/coffee and snack
09:00:	*Vinyasa* flow practice
11:00:	Brunch followed by free time
15:00:	Afternoon snack
17:00:	Mindful appreciation of wine *(Optional activity)*
19:00:	Supper

Sunday 17th May

07:45:	Meditation and *pranayama*
08:30:	Tea/coffee and snack
09:00:	*Vinyasa* flow practice
11:00:	Brunch followed by free time
15:00:	Afternoon snack
17:00:	Restorative yoga / Yin Yoga / Yoga Nidra
19:00:	Supper
21:00:	Mindful appreciation surprise!

Monday 18th May

07:45:	Meditation and *pranayama*
08:30:	Tea/coffee and snack
09:00:	*Vinyasa* flow practice
11:00:	Brunch followed by free time
15:00:	Afternoon snack
17:00:	Restorative yoga / Yin Yoga / Yoga Nidra
19:00:	Supper

Tuesday 19th May

07:45:	Meditation and *pranayama*
08:30:	Tea/coffee and snack
09:00:	*Vinyasa* flow practice
11:00:	Brunch followed by free time
15:00:	Afternoon snack
17:00:	Restorative yoga / Yin Yoga / Yoga Nidra
19:00:	Supper

Wednesday 20th May

07:45:	Meditation and *pranayama*
08:30:	Tea/coffee and snack
09:00:	*Vinyasa* flow practice
11:00:	Closing Circle followed by brunch
12:00 onwards:	Departures

Pricing

The price is inclusive of:

- five nights boutique accommodation based on two people sharing a room
- brunch, supper, and afternoon snack lovingly prepared by our dedicated chef, **Alice MacKinnon**
- five yoga *asana* classes taught by Fiona
- daily led meditation and *pranayama* (breathing exercises)
- gourmet single-origin coffees from Jericho Coffee Traders
- gourmet teas and herbal infusions
- WiFi throughout the house
- Pool towels
- BPA-free water bottles available for your use

For an additional £50 per person, you can opt in for:

- a professional course in mindful wine appreciation led by James (Saturday afternoon)
- wines, curated by James, to accompany suppers on Saturday and Sunday

James can also suggest where to purchase wine in the village for other evenings, if you wish.

There are only 6 rooms: 12 spaces at this beautiful venue. Costs for this exclusive, boutique mindful living retreat are as follows:

Early bird price (Deposit paid by **14th February 2020**):

- £795 per person (shared bathroom)
- £825 per person (ensuite bathroom)

Full price:

- £860 per person (shared bathroom)
- £895 per person (with ensuite bathroom)

Please note: these prices exclude the £50 supplement for the wine appreciation course and wine with Saturday & Sunday dinners. Please indicate whether you would like to opt in to this when making your booking.

A **50% deposit** is required to secure your booking to be paid by 14th February 2020 (for early bird bookings), or 15th March 2020 (for all other bookings). **Payment in full is required by 3rd April 2020**.

Please read answers to the Frequently Asked Questions below, or contact us on: fiona@mackyoga.co.uk for bookings and more information.

I've been looking for a long time for this thing called Love
And I've looked below and above.
Then one day I looked inside myself, and this is what I found,
A golden sun residing there,
Beaming forth God's light and sound

– *Rumi*

Frequently Asked Questions

What will I be eating?

We have our own dedicated chef who will create delicious, healthy and nutritious food. **Alice MacKinnon** is a UK-based chef and qualified nutritionist. Her speciality is delicious plant-centric meals. All meals on the retreat will be vegan / vegetarian with a couple of evening meals having a fish option. You can find out more about Alice at: https://www.alicemackinnon.com/

Will there be good coffee?

Yes! Absolutely. We have teamed up with boutique Oxford-based coffee roasters **Jericho Coffee Traders** (JCT) to provide a different single origin filter coffee each morning. You can find out more about JCT at: www.jerichocoffeetraders.com.

How do I get to Maison 10?

Maison 10 is situated near Nyons, in Provence, France. Full travel directions will be given upon booking.

We recommend Eurostar from London St Pancras International to Avignon. British Airways, Ryanair and Easyjet also offer flights to Marseille. See the separate travel document from Maison 10 for detailed information.

If there is demand for it, we can put attendees in touch with one another so you can coordinate taxis / shuttles from Avignon or Marseille airport.

Do I need to bring yoga equipment?

No need to bring any equipment but you may want to bring your own mat.

There are mats available (Lululemon Namastay) and all props and supports are provided.

What do I need to bring?

- Sunscreen, sunglasses and hat
- Insect repellent
- Swimwear if you'd like to use the pool
- Comfortable yoga clothes (enough for six days) – always wise to have layers
- Comfortable walking shoes if you fancy doing any hiking
- Any extra snacks/treats/drinks you like

What sort of yoga will I be practising?

The style of yoga that Fiona teaches is "vaguely" vinyasa, which means using the breath to help transition from one asana (posture) to another so that the movements are fluid and flowing.

The morning practice will be a fairly dynamic practice, but in a playful and creative way. It will be structured so that no matter what level of experience an individual has, everyone will be able to work with options that are appropriate to their capability, and over the course of the six days improve mobility, posture, balance and strength.

The afternoon practice will be a slower paced affair with the opportunity to embrace some of the restorative aspects of yoga.

Being on retreat allows time to explore things more deeply, and ultimately to feel nurtured inside and out.

Do I have to be good / experienced with yoga / mindfulness / wine tasting to attend?

Absolutely not! This retreat is for **everyone**, regardless of experience level!

What is a 'taste awakening'?

A chance to explore what it means to *really* taste something. To become aware of all the information our senses of smell and taste (and sight, touch and hearing) give us when we encounter food and drink. After a brief introduction to how these senses work, we will try a few morsels of food mindfully.

What can I expect from the wine tasting?

An invitation to learn how wine industry professionals taste wine, coupled with a mindful approach to taste.

We will taste five different wines of differing styles, comparing and contrasting each wine and discussing them. You will also learn about how wine is made, how our sense of taste works, the effects of wine on the body and mind, and the relationship human culture has had with wine for millennia.

Come with questions and an open mind!

Is tasting wine really compatible with yoga practice?

We think so! the appreciation of wine has been indelibly linked with human culture and civilization for over 8,000 years. By learning to appreciate this almost mystical beverage we commune with our ancestors who have done the same for millennia. As one of the most complex foodstuffs we consume, wine tasting is also the ideal medium through which to practise a mindful focus on our senses – especially taste and smell, which are often undervalued.

We believe 'winefulness' leads to a greater understanding of our shared cultural history, the natural world around us and each other, as well as a healthier relationship with food and alcohol.

What can I do in my free time?

- Short walk into town to cafes, restaurants and weekly market
- Table tennis
- There are many cycling opportunities in the local area (using pedal or electric bikes). It's worth making reservations for bikes in advance and we can offer suggestions if you'd like.
- Hiking
- Relaxing by the pool and in the beautiful surrounds!
- Apricot and lavender picking (seasonal)

How do I book?

Contact us on fiona@mackyoga.co.uk to arrange payment and secure your booking. Payment is via bank transfer and needs to be made in GBP.

What is your cancellation policy?

Our cancellation policy is as follows:

Cancellation 10 weeks before course start date: Full refund

Cancellation 8 weeks before course start date: 50% refund of total course price

Cancellation 6 weeks before course start date: No refund possible

If you need to cancel and can find someone else to take your place, we are happy for you to arrange that person to attend our retreat in your stead.

Do I need travel insurance?

Yes. Travel insurance is a condition of booking. By booking to attend our Mindful Living Retreat you undertake to take out a travel insurance policy that includes cancellation insurance to cover you for: any unexpected cancellations by yourself (including but not limited to illness, bereavement, family emergencies, work conflicts, change of circumstances, etc.); and also in respect of medical expenses, injury, death and repatriation with adequate cover. We recommend you take out insurance at time of booking.

What is not included?

Flights/trains or airport transfers are not included in the price. Excursions are not included.